Introduction

Track & field competitions for children in Belgium

What is wrong with it?
Introduction

Track & field competitions for children in Belgium

60m sprint
- 10 sec
- Performance Risk: false start

Long jump
- 3 trials (20-30 sec)
- Performance Risk: fault

Hockey ball throwing
- 3 trials (20-30 sec)
- Performance Risk: fault

Total < 60 sec during competition

Time spent on site: 2 to 5 hours

Very low motor engagement!

Risky activity based on performance!
Introduction

Track & field competitions for children in Belgium

- 60m sprint
- Long jump
- Hockey ball throwing

Miniaturized adult model of competition

- Not based on motor learning
- Not based on participation
- Risk of pressure and anxiety
- Not meeting Long Term Models recommendations (Côté, 2015, DLTA, ...)

Introduction

IAAF recommendation since 2002 =

- Team event for children
- 6 to 8 athletics games base on fundamentals and athletic learning
- No individual performance, no PB BUT team ranking
- At the end of the meeting: Diploma + social drink and snack

KA = More adapted model of competition for children!
Problematic in Wallonia

- Kids’ Athletics is well known BUT it has not already been selected by the Wallonian federation as the gold standard.
- Why?

Aim of the study

- To analyze the perceived interest of a group of experts about KA
- To identify the strategies that could be envisaged for KA implementation in Wallonia.

Methods

- Semi-structured interviews were conducted with 14 athletics or marketing experts
- Interview includes the following subjects:
  - brief presentation;
  - knowledge about KA
  - personal experience with KA;
  - opinion about KA model in comparison with the traditional one
  - Perceived interest about organization
  - Perceived interest about children
  - strategies that could be helpful to implement KA in Wallonia.
Results

1. Knowledge and experience with KA
   - 12/14 experts know KA model of competition
   - 9/14 experts have already organized KA in their club
   - None have already organized official KA competition

2. Perceived interest of KA model about ORGANIZATION
   - New Concept
   - Limited Nb. Children
   - Volunteers required
   - Incomes?
   - Any official
   - Flexible
   - Limited cost
   - Transportable equipment
   - Limited duration
3. Perceived interest of KA model about CHILDREN

Any learning on competition
Any direct opponent
Any information on individual progression
Any personal best/ranking
Any specialization

Team competition
Amusement
Based on Participation
Adapted exercises
Motor engagement
Low pressure/anxiety

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Results

5. Strategies for KA implementation in Wallonia

- Introduce KA in official competition programme
- Promote KA organisation in clubs and on website
- Promote the interest of KA in each involved population (coaches, officials, parents, …)
- Increase the information about KA during coach trainee
- Develop and share files on KA events and organization
- Make adapted equipment available for organizing clubs
- Develop a “quality label” for organizing clubs
- Start with the most convinced clubs
Conclusion

- The study confirms the interest of KA
- for organisation reasons
- as it’s more adapted to the children.
- KA has to be actively promoted by the Wallonian Federation
- Critical to introduce KA in the official calendar
- We should start first with the convinced clubs.
- Clubs which are organizing KA should be valorized.

Thanks for your attention

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